

**Southern Highlands Occasional Orienteers (SHOO) welcome you to the
NSW Schools Orienteering Championships
and Soft SHOO Shuffle
25th August 2013**



INFORMATION

Welcome to Boxvale Tramway, Welby, via Mittagong, in the beautiful Southern Highlands of New South Wales. We hope you will enjoy the orienteering and take advantage of the many local tourist spots in the area.

Key Officials and Acknowledgements :

Planner: Stephan Wagner

Controller: Robert Spry

Organiser: Sue Davis 02 46571204 davii@bigpond.net.au for Southern Highlands Orienteers.

Officials on the Day: The happy helpers from SHOO.

Map: "Boxvale Tramway" 1:10000. (Updated August, 2013) 5m contour interval. Maps have been printed on water and tear resistant paper therefore maps will not be in bags.

Directions: Travelling from Sydney: Follow the Hume Highway south of Pheasants Nest and continue to and turn at the Mittagong exit. Continue through Mittagong and Welby. Cross over the F5 overpass and look for orienteering signs immediately on the right. Follow O signs to parking on the sealed road where indicated.

Travelling from Goulburn: Follow the Hume Highway north from Goulburn. Turn at the Mittagong exit and turn left at the stop sign. Look for orienteering signs immediately on the right. Follow O signs to parking on the sealed road where indicated. Please do not park along the unsealed road toward the picnic (assembly and finish) area.

Parking and Assembly Area: Parking will be on either side of Boxvale Rd (sealed road) as noted above. Finish and assembly area is approximately 200 metres along the unsealed entrance to the picnic area from Boxvale road. Please park only as directed.

NSW Schools Championship Rules: This event will be conducted in accordance with the OA and OANSW Competition Rules. Competitors who contravene these Rules and Regulations may be disqualified. Competitors compete at their own risk.

Fair Play: Orienteering Australia rule '26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain. Competitors or spectators shall not interfere with control equipment.'

'To ensure fairness, mobile phones are not allowed on the course.'

SportIdent (SI) system: The SI system will be used. Pre-entry competitors using their own SI stick should have provided their stick number on their entry form. If the number of your stick is incorrect in the start list please advise the Organiser before the event. If a stick is lost or forgotten please hire one from the Registration Tent, cost \$4 per stick. For students entering the NSW Schools Championships, there is no initial hire fee for SI sticks.

SI stick hire: Competitors who are hiring SI sticks may pick them up at the Registration tent from 8.30 pm. Following completion of your course the hired SI stick must be returned to the finish tent. Competitors who fail to return their hired sticks will be charged \$50 for the cost of replacement.

Safety: It is mandatory that whistles be carried by competitors in the School Championships and these are available at Registration. Competitors who are seriously lost (i.e. you do not know how to find the finish) can ask for assistance from another competitor or follow the safety bearing information on the map. Waiting at a control, especially if it is on your course, or staying on a drivable track or roads are sensible options – orienteers' preliminary searches will concentrate on these. An orienteer lost overnight should stay in one place – police searches are designed to find people who are not moving.

Orienteering Australia Rule 26.2: "It is the duty of all competitors to help injured runners." A signal in a group of three (such as three whistle blasts or cooee) is a distress signal. If you hear a distress signal you should investigate, if safe to do so, and report it to the event organiser.'

Out of Bounds Areas: Competitors and spectators must obey all out-of-bounds signs and keep within designated areas. Any competitor seen in an out-of-bounds area, before or after their run will be disqualified. Competitors must not re-enter the competition area after their run without the permission of the organiser.

Start Times: From 9.30 am. Very Easy and Easy courses will start at 10.00. Start times will be posted on the on the SHOO web site approximately one week before the event:
<http://www.southernhighlands.nsw.orienteering.asn.au/>

Start: The Start Location will be the same for all courses. Please follow streamers and signs from Assembly Area for approximately 400m (allow about 10 min walk) along a fire trail. Take care when crossing the shallow creek about 100m from the start. There will be NO drinks or toilet facilities at the start area. Also, there will be no clothing return.

Clear and check: Clear and check stations will be located at the start. It is the competitors' responsibility to ensure they have cleared and checked their SI sticks.

Start Procedure: Report to the start 6 minutes ahead of your allocated start time, when names and E-stick numbers will be checked. At 4 minutes before your start time, you will be asked to move forward to collect your control descriptions. At 2 minutes before your start time you will be called to the map boxes. Check the course names to confirm that you are at the correct map box. You should write your name on the back of your map with the marker pen provided. At your start time, indicated by the long beep from the start clock, you must 'punch' one of the start controls with your SI stick before looking at your map. Follow directions of the start officials.

Late Starts: Competitors late for their start should report to the starting officials who will start

them at the next available time. The late start time will be recorded and your official time will be calculated as if you had started at the listed time (unless the lateness was due to an organiser's error).

Control Descriptions: Control descriptions will comply with the OFA standards. Control descriptions for all courses will be on the front of the maps. Copies of control descriptions will also be available at the Start. Note: Full English descriptions will be available for all School Championship classes.

Control Stands: Stands carry an SI unit and a control punch plus the standard flags. Control numbers will be on top of the stands. Should the SI unit not beep then ensure you use the control punch to register on the bottom of your map, and let the finish officials know upon your return.

Finish Procedure: Competitors must register at the finish control in the finish chute. Please move along the chute as directed. Maps will be collected by officials and be returned after all competitors have started.

Safety Bearing: Hard and Moderate courses, north or south to the main fire trail. Very Easy and Easy courses north or south to the Box vale tram track which has bush walk track markers leading back to the picnic area.

Results: Provisional results will be displayed as soon as possible. Final results will be posted on the SHOO web site (<http://www.southernhighlands.nsw.orienteering.asn.au/>) as soon as possible after the event.

Enter-on-Day: These courses are open to anyone wishing to try a course on the day but are not included as part of the championship. Available from 10.00am – 11.00am. Courses offered are Hard C Moderate, Easy 1 and Very Easy (See table of courses below) . You may register at the Information and Registration tent. Proceed to the start area where you will receive your map. Finish through the official finish chute. Enter-on-Day cost is \$10 for junior members and \$12 for senior members of an orienteering club (card must be produced), \$13 for juniors and \$15 for seniors who are not members of an orienteering club + SI-stick hire (if required) \$4.

Course Closure: Courses will close at 2.00pm when all SI units will switch off. Any person still on the course at that time must abandon their course and proceed to the finish. You must report to the finish whether or not you complete your course.

Toilets: Portable toilets will be available at the assembly area.

Water: Water will be provided at the finish and on courses where indicated in the control descriptions.

First Aid: A first aid officer will be in attendance at the Assembly area.

Catering: The NSW Junior Squad catering team will be on hand providing their usual delicious fare of rolls, vegetarian soups and a 'hot special', as well as chocolate cake, slices, hot and cold drinks

Protests: Complaints and protests must be made in accordance with OFA rules.

Presentation for Schools Championships: Presentations for winners of those pre-entered for each of the classes will commence as close as possible to 12 noon

Planners Notes: Easy courses will need to follow streamers for about 30m during their course between the tram track path and the fire trail. Please follow streamers to avoid becoming misplaced. The area has a number of fire trails and tracks. Beware of other walkers/runners/bikers that may be using the area. The area has a good mix of open eucalypts, sandstone rocks and thicker bush which will require full body cover for the Moderate to Hard course competitors. Some termite mounds maybe harder to see due to surface greening. The light green and open shaded area boundaries are not precise. Take care, as there are some dangerous cliffs along the southern edges of the map and significant earth/rock cuttings along the tram track. Please do not attempt to cross the main creek dissecting the map from the assembly area. You must only cross the creek via the fire trail to the start or across the wooden bridge below the dam leading to the finish circuit.

Pets: Pets and other animals are not permitted at this event.

Course Information :

Course	Length in km	Climb in metres	Number of Controls	SOFT SHOO Shuffle	Schools Champs (SC) Classes
Hard A	8.1	135	19	Hard A Men Hard A Women	M17+A
Hard B	6.4	115	17	Hard B Men Hard B Women	M15A, M16A
Hard C	5.8	110	15	Hard C Men Hard C Women	W17+A
Hard D	4.5	90	15	Hard D Men Hard D Women	W15A, W16A
Hard E	3.5	70	13	Hard E Men Hard E Women	N/A
Moderate	3.8	90	15	Moderate Men Moderate Women	M13A, M14A, W13A, W14A, M-16+B, W-16+B
Easy 1	3.2	80	14	Easy1 Men Easy 1 Women	M13-15B, W13-15B
Easy 2	2.5	60	12	Easy 2 Men Easy 2 Women	M11A, M12A, W11A, W12A
Very Easy	1.9	60	11	Novice Men Novice Women	M9A, M10A, M11-12B, W9A, W10A, W11-12B

Risk Statement:

In entering this Orienteering event, you should recognise that the sport of orienteering has certain inherent risks due to its conduct in the natural environment. Included in these risks are injury due to rough terrain and obstacles and the effects of heat, cold and exhaustion. You should also be aware that there is no personal accident insurance on your participation in the sport and that you participate at your own risk.

It is the responsibility of parents and guardians to decide whether their children are capable of orienteering by themselves at each event. Parents and guardians should ensure that their children are supervised at all times.